

ABSTRACT OF THE DISCLOSURE

The invention relates to a method for automatically rejecting/avoiding undesired e-mails in mailboxes at the recipient end, according to which the address of the sender of the e-mail is compared with a recipient-specific list of authorized senders and is saved in the mailbox only if said address matches that of an authorized sender. A second, optional mailbox (junk mailbox, JMB) which is also accessible at the recipient end is provided for receiving all unauthorized messages. Optionally, automatic functions such as cyclical deletion, virus scanning, separation of stations and/.or executable software, sender analysis, sending of stop requests and/or warnings, etc., can be configured in the system.